

魚三昧

豊富な知識と経験のある「魚のプロ」に、魚のうんちくとおいしく食べられるレストランを紹介してもらいます。

We are pleased to present this new section, in which we will showcase various premium seafood in Melbourne's top restaurants.

今月のSAKANA コチ Rocks Flathead



Flathead(コチ)はその名前のおり頭部が平たい魚。世界中で68種類生息しており、そのうち40種がオーストラリア沿岸の砂泥底に生息しています。市場では茶褐色のSand Flathead、そして今月紹介するRocks Flatheadを見かけます。 Sand Flathead(メゴチ)は当地では大味の為、あまり刺身には適してはおらず、天ぷらやフィッシュ&チップスなどの揚げ物に適しています。Rocks Flatheadは日本ではマゴチに相当します。当地でも、特に刺身が絶品で薄作りやあらいに食べられます。もちろん、揚げ物やグリルにも適しています。年中獲れる魚ですが、特に初夏から晩秋にかけてがおいしいシーズン。

Pan Fried Flathead with Onion, Leak fondue, Boundin Blanc, Mussels in Bisque sauce & Artichoke and olive tapenade

A Wanda Inn Café 278 Maroondah Hwy Healesville Tel: 03-5962-3625

Healesvilleで食べる本格魚料理。Rocks flat headの身をグリルし、すり身でソーセージを作り、骨を煮込み凝縮したソースで味付け、仕上げに皮をチップスにして添えてあります。自家製のパンとコチのすべてを使い魚の旨さを最大限に引き出した一品。

Here is an orthodox French style fish dish at A Wanda Inn, a wonderful charismatic restaurant located in Healesville in the Yarra Valley. It is an exquisite dish, brimming with succulent flavours. The Rock Flathead fillets are grilled, sausages are made from the spare meat, sauce is made from the fish stock and the deep fried skin is garnished. It is a magnificent dish, along with homemade bread, which makes full use of the fish.



白身で歯ごたえがあるので、刺身にする際には薄く切ります。鮮度が落ちるのが早く、時間と共に白く濁ってきます。他の魚と比べ少し値が張る為、真に価値のある高級魚です。

新鮮なものは表面にぬめりがあり、目が透き通っていて、身が張った硬い物です。身が柔らかく膨張していそうなものは要注意。切り身は何とんでも透明度が命。刺身用のコチを一般の市場で見つけるのは大変難しく、オセアニアシーフーズでは刺身グレードを選別して買い付けています。

Flathead (Kochi in Japanese), as the name suggests, is a smallish, flat-headed fish that lives in Australian coastal waters. Of an estimated 68 species world-wide, 40 are available off our coasts. In Melbourne, Sand Flathead and Rock Flathead are the most widely available/sought.

Due to its strong taste, Sand Flathead (Megochi in Japanese) is not really suitable for sashimi. However in deep fried dishes such as fish and chips, it's quite nice.

Known as Magochi in Japan, Rock Flathead, with its crisp elegant taste, is perfect for sashimi. It is also considered to be a high grade cooking fish. Largely available all year round, it is especially delicious from early summer to the end of autumn. When handling, one must be vigilant of the short spikes on the side of their heads. When raw, the flesh tends to be a lot firmer compared to other sashimi fish, so it's usually served sliced quite thinly. It is worth noting that this fish tends to change colour quite quickly as it loses its freshness. Not cheap, people find it to be a high-class fish.

Key indicators of freshness include; clear eyes, thickness and firmness of the body, and fresh slime on the fish. If the body is bloated or flabby, this is a bad sign. Oceania Seafoods sources the best quality Rock Flathead, sometimes directly from the fishermen for the benefit of food lovers.



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